



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 01187, Yogurt, chocolate, nonfat milk

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	71.57	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
Energy	kcal	112	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2009
Energy	kJ	469	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	02/2009
Protein	g	3.53	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	11/1996
Total lipid (fat)	g	0.00	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	11/1996
Ash	g	1.37	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
Carbohydrate, by difference	g	23.53	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	11/1996

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fiber, total dietary	g	1.2	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	-- 11/1996
Sugars, total	g	14.97	--	--	--	--	--	--	--	--	Calculated or imputed	01118	02/2009
Minerals													
Calcium, Ca	mg	88	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	-- 11/1996
Iron, Fe	mg	0.42	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	-- 11/1996
Magnesium, Mg	mg	40	--	--	--	--	--	--	--	--	Calculated or imputed	--	-- 11/1996
Phosphorus, P	mg	166	--	--	--	--	--	--	--	--	Calculated or imputed	--	-- 11/1996
Potassium, K	mg	339	--	--	--	--	--	--	--	--	Calculated or imputed	--	-- 11/1996
Sodium, Na	mg	135	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	-- 11/1996
Zinc, Zn	mg	1.13	--	--	--	--	--	--	--	--	Calculated or imputed	--	-- 11/1996
Copper, Cu	mg	0.209	--	--	--	--	--	--	--	--	Calculated or imputed	--	-- 11/1996
Selenium, Se	µg	7.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	-- 12/1997
Fluoride, F ¹	µg	12.0	9	--	12	12	--	--	--	1	Analytical or derived from analytical	--	03/2006

Vitamins

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	11/1996
Thiamin	mg	0.047	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
Riboflavin	mg	0.215	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
Niacin	mg	0.223	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
Vitamin B-6	mg	0.047	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
Folate, total	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Folate, food	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folate, DFE	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	15.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	0.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01118	01/2003
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01118	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	11/1996
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01118	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01118	01/2003
Lipids													
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	11/1996
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
16:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
Fatty acids, total monounsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
18:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
Fatty acids, total polyunsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
18:2 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
Cholesterol	mg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1996
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/1996
Caffeine	mg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1998
Theobromine	mg	23	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1998

Sources of Data¹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion